

Welcome to “An Introduction to the 12 Steps” In this tape, we will endeavor to share information about the steps and hopefully interest you in getting to know the steps better and to encourage you to use the principles in them to help you enjoy a more comfortable, peaceful and serene life.

We invite you to embark on a mission of peace and love that have helped many thousands of us to have a more comfortable life and provided us with better understanding of ourselves, and better relations with our loved ones and all whom we come in contact with.

One should not be intimidated by the steps. They are simply a “GAME PLAN FOR LIVING” which if followed to the “best of one’s ability” will GUARANTEE a better way of life as well as some peace and well being.

The steps do not contain any “NEW” information..they were inspired by time honored principles drawn from ancient wisdom, philosophers, teachers, religious teachings, and many basic moral value systems.

The steps teach us to get outside of ourselves and connect or reconnect with one’s self, with humanity and for some of us lead us to a close connection with a “Power Greater than Ourselves”

It is important to realize that the steps are not a religious, but comprise a “Spiritual”program and although the term “GOD” is used, YOU are free to choose any entity or power that you wish to believe in.

An explanation of "spiritual" vs "religion" might be:

Religion is for people who don't want to go to hell. Spirituality is for those of us who have been to hell and are trying to get back! (Or redirect our lives in a new direction!)

Another definition that we like in explaining Religion vs. Spirituality: Religion is that which transpires between humanity and deity...Spirituality is that between humans and humans.

To recap: The steps are simply put a "WAY OF LIFE" - or "GAMEPLAN FOR LIVING"

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We hope that you might find hope and peace and the pursuit of happiness in the steps as many thousands before us have, and enjoy the quality of life that you deserve!